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WESTERN HOMEMAKERS' CALENDAR:

TABLE FATS:

A radio talk delivered by Miss Jean Stewart, Home Economist, Bureau of Home Economics, United States Department of Agriculture, during the western Farm and Home Hour Thursday, August 11, 1932, through Station KGO and nine other stations associated with the NBC-KGO network, Pacific Division, National Broadcasting Company.

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What makes breakfast or any other meal stick to the ribs? What gives that satisfied feeling that comes after a good meal? And what foods have staying power?

"Fats," answer the nutritionists. Fats, you know, as well as starch and sugar are the energy foods. So fats have an important place in low-cost meals. They provide energy, they add flavor to food and they keep off hunger pangs longer than many other foods.

Perhaps you remember that during the war, the people of Europe, who were short of fat in their diets, felt hungry nearly all the time, even though their actual needs were satisfied.

Fat -- at least in traces -- occurs in almost every kind of food, whether animal or vegetable. But just the same all the vegetables and some cuts of meat have a better flavor if you add extra fat to them either in cooking or serving. Here's where the so-called "table fats" come in -- butter, margarine and the salad oils.

Just now butter, the most popular of table fats, happens to be a big bargain. Butter costs just half as much as it did a year ago. Think of that! It's actually down to the lowest price in thirty years. So it's no longer extravagant to use it in many dishes where the thrifty housewife would have done without it a few years ago.

As any good cook knows, butter improves the flavor of most vegetable dishes and "just makes" many desserts. Buttered beans, buttered fresh green peas, buttered cabbage, buttered beets, buttered carrots -- don't they all sound good?

Nice fresh vegetables from the garden cooked to preserve color, flavor and nutrients are all delicious in themselves, but most people find them even better with melted butter.

Now here's something to remember about cooking with butter. Long heating destroys the good butter flavor. And cooking vegetables with butter is wasteful. So the specialists at the Bureau of Home Economics advise adding butter only at the last minute before serving.

You can fix butter for seasoning in several different ways. For example, browned butter gives a delicious flavor to cream sauce. Be sure you brown the butter very carefully in a skillet that's not too hot. Otherwise it's likely to burn.

(over)



Then parsley butter. This is simply a melted butter with chopped parsley in it. Parsley butter makes a favorite dressing for boiled potatoes. Lemon butter or melted butter with lemon juice goes well with broiled fish. Another delicate butter sauce for fish is Hollandaise sauce -- a sauce to feature when both butter and eggs are cheap. Hollandaise sauce is excellent also with greens and particularly with the stalked or head vegetables like collards, cabbage, cauliflower, brussels sprouts or broccoli.

When butter is cheap, then is the time to make cakes and puddings and other desserts calling for a plentiful supply of fat. And while we're talking about desserts, we'd better mention pies. The pies that "mother used to make" undoubtedly had butter in the filling. All fruit pies -- and apple pies especially -- have a fine flavor with butter to season the fruit. Baked apples and apple brown betty, too, need the butter flavor to make them more inviting.

The use of so much butter may seem extravagant. But let's stop and figure it up. Two level tablespoons -- or about one ounce, will season five or six liberal servings of cabbage -- or of carrots, beans, beets or peas. And two level tablespoons of butter will make enough parsley butter for six medium-sized boiled potatoes.

As for the margarines, those other table fats used much the same as butter and possessing the same energy value -- they have also fallen in price during the past year. Their price runs now from 8 to 21 cents a pound. Margarines, you know, are made of both animal and vegetable fats. Some are made of beef fat, others of pork fat; some are made of peanuts oil or coconut oil or cottonseed oil. These fats and oils are churned with milk and sometimes with butter or cream to give the butter flavor.

Still another group of table fats are the salad oils. Salad oils are another means of adding energy value and staying quality as well as flavor and attractiveness to the meal. Cottonseed oil and corn oil, selling on the market under different trade names, are the most common substitutes for oil in salad dressings and they are relatively cheap.

Now for a low-cost menu featuring some of these foods we've been discussing. This menu is for a simple home dinner. Broiled ground beef on toast; Potatoes with parsley butter; Tomato jelly salad served with slices of mild onion on a bed of lettuce or shredded cabbage; French dressing with the salad; Fruit in season for dessert.